

WEEK 9 BREAKFAST IDEAS

PANTRY

- Almond flour
- Chia seeds
- Swerve (granulated AND confectioner's)

COLD

- 2 (8 ounce) packages cream cheese
- 1 (8 ounce) package shredded cheddar cheese
- Sliced Swiss cheese
- Shredded Swiss*
- 1 dozen eggs
- Heavy cream
- Butter
- Almond milk

PRODUCE

- 1 8-ounce package portobello mushrooms
- 2 jalapenos or 1 can
- 1 package strawberries
- Minced garlic

BONUS KETO CANDY INGREDIENTS:

- Lily's Salted Caramel Chocolate Chips
- Lily's White Chocolate Chips
- 1 lb roasted, salted whole almonds
- Creamy almond butter

MON
MON

Strawberry Cream

Cheese Pancakes

Makes 12 pancakes,
3.2 net carbs each

TUE
TUE

Cheddar Garlic Biscuits

Makes 22 biscuits,
1.9 net carbs each

WED
WED

Strawberry Cheese-
cake Parfaits

Makes 3 parfaits,
4.6 net carbs each

THU
THU

Jalapeno Cheddar

Chaffles

Makes 6 chaffles,
1.5 net carbs each

FRI
FRI

Mushroom Swiss

Omelette

Makes 1;
2.8 net carbs each

BONUS
BONUS

Chocolate Almond
Candy

Makes 60 pieces;
2.5 net carb each

ITEMS YOU PROBABLY ALREADY HAVE

Baking powder, Cooking oil, Salt, Pepper, Vanilla extract, Garlic powder, Italian seasoning